



Prostate Cancer
Foundation of Australia



2021 Impact Report

Transforming care and saving lives.



Prostate Cancer
Foundation of Australia



About us

We are Australia's leading community-based organisation for prostate cancer research, awareness, and support. As the nation's predominant charity fund for Australian-based prostate cancer research, we exist to protect the health of existing and future generations of men in Australia and to improve quality of life for Australian men and families impacted by prostate cancer.

Our vision is a future where no man dies of prostate cancer and Australian men and their families get the support they need.

Our focus:

1. To be Australia's leading charity fund for Australian-based prostate cancer research.
2. To protect the health of existing and future generations of men in Australia.
3. To improve quality of life for Australian men diagnosed with prostate cancer.



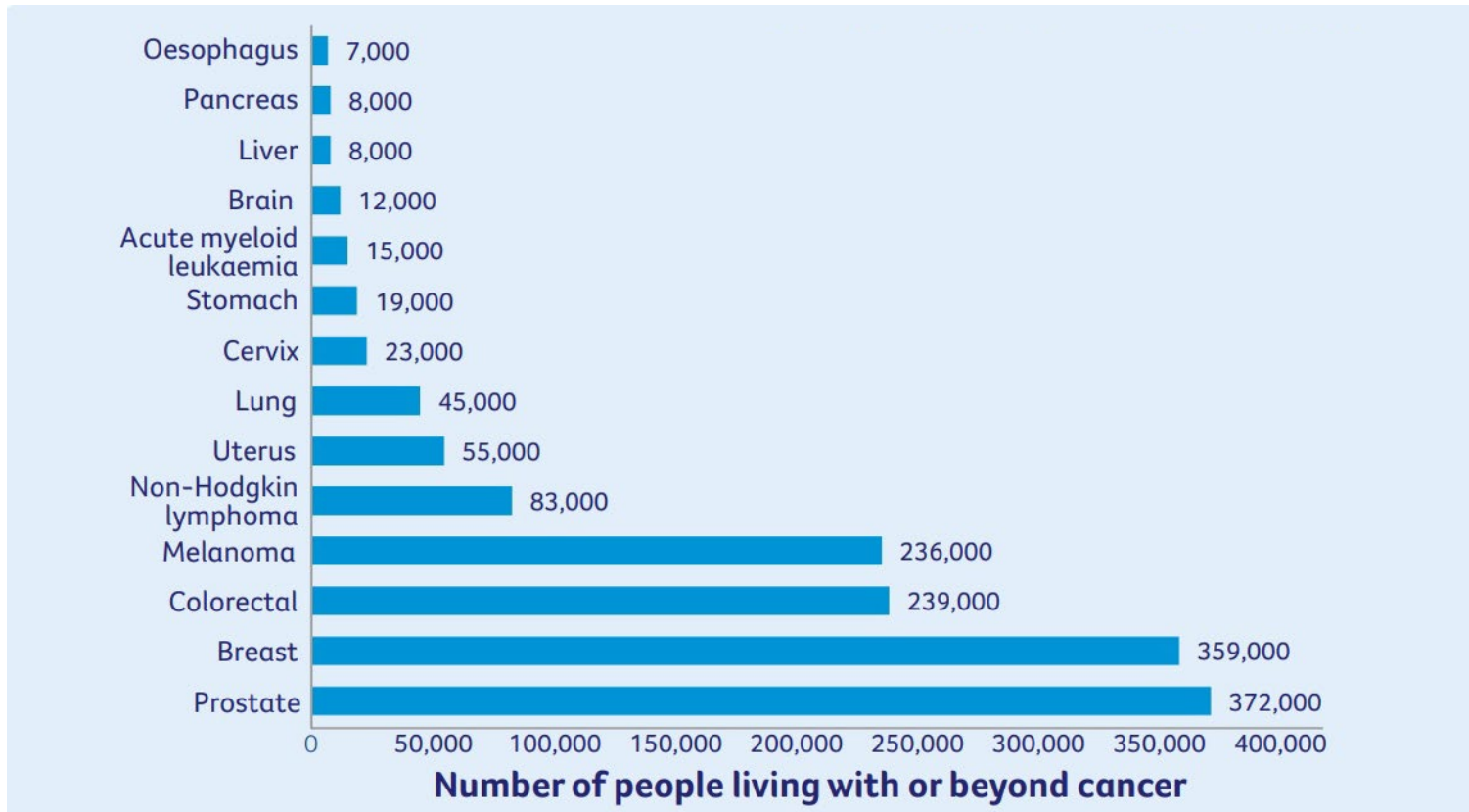
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Prostate cancer in Oz

- Most common male cancer
- 230,000 living post-diagnosis
- 18,110 men diagnosed each year
- 3,323 deaths each year
- 1 in 6 diagnosed by age 85
- 95% five-year relative survival
- 24% higher risk of death outside cities
- 67% of men diagnosed over age 65
- 15% of cases diagnosed at Stages III or IV
- Number of cases set to rise 60% by 2040

Predicted 2040 prevalence





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Australia's #1 prostate cancer charity

100 Prostate Cancer Specialist Nurses

Nationwide Prostate Cancer Telenursing Service

50,000 info packs distributed annually

300,000 men and women on our database

6000 patients in our Online Community

130 Prostate Cancer Support Groups

100 Community Ambassadors

30,000 Facebook followers



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A major awareness challenge

- 70% don't know the symptoms
- 75% don't know the PSA guidelines
- 1 in 5 develop anxiety or depression
- 72% of men don't seek help for distress
- 67% of men have unmet information needs
- 87% don't understand stage at diagnosis
- 70% increased risk of suicide death

WE ARE
STILL HERE
FOR YOU ☺



Specialist Nursing Services

100,000 occasions of contact delivered by hospital-based PCSNs

21,000 of these patients/survivors are new contacts

20% of contacts are initiated by the patient

64% of contacts result in follow-up appointments

2,162 cases managed by Telenursing Service in first 9 months

Most common reasons for call include understanding treatment

62% of callers are patients/survivors

Independently evaluated

An independent evaluation by Deloitte has demonstrated the following outcomes from PCFA's Specialist Nursing Programs:

- 60% reduction in avoidable Emergency Department presentations
- 56% reduction in specialist consultation times
- 63% reduction in rate of missed medical appointments

Patients treated by Prostate Cancer Specialist Nurses and Telenurses report improvements in managing their diagnosis and navigating the health system.

According to Deloitte's health economic analysis, for every \$1 invested in PCFA services, at least \$1.30 is created in social value.



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Programs

MatesCONNECT launched nationally in 2021

28 research blogs published in the Online Community

20 new awareness and education videos published

Prost! resources distributed to Support Groups nationwide

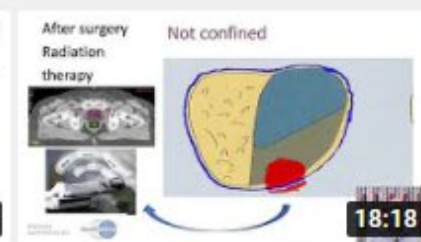
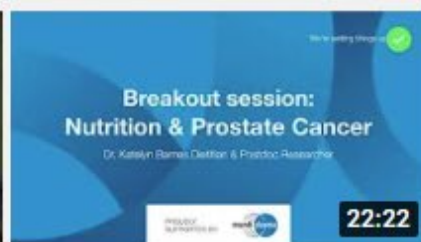
15 new prostate cancer awareness booklets released

Commencement of resource translation project

Publication of fact sheets on COVID-19 and cancer







Thank you from Will McDonald

40 views • 1 month ago

CC

Influence of diet and nutrition on prostate cancer - Dr...

114 views • 1 month ago

Screening for cancer-related distress - Prof Suzanne...

69 views • 1 month ago

Tackling side effects from prostate cancer treatment - ...

121 views • 1 month ago

Improving access to the latest in prostate cancer car...

48 views • 2 months ago

Bridging the gap: The Prostate Cancer Specialist...

28 views • 2 months ago



Mates Helping Mates: The power of peer support...

31 views • 2 months ago



Now and tomorrow: 25 years of progress towards a world...

182 views • 2 months ago



Brachytherapy for Prostate Cancer: Where does it fit in...

314 views • 2 months ago



The link between Exercise Physiology and Prostate...

389 views • 3 months ago



PCFA IEE Global

389 views • 5 months ago



Management of erectile dysfunction following...

746 views • 6 months ago



...ating 25 years of ...ship - Roger...

... • 7 months ago



PCFA STARGATE Launch Webinar

400 views • 8 months ago



Penile rehabilitation following prostate cancer...

3.5K views • 8 months ago



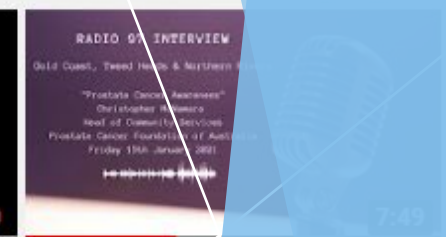
Pink & Blue Swim 2021

58 views • 8 months ago



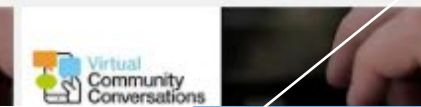
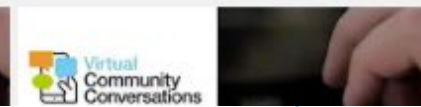
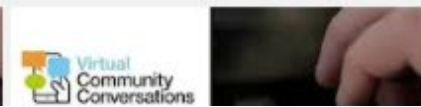
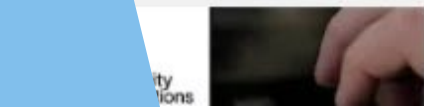
Pelvic Floor Anatomy & Exercises: PROST! Exercise ...

484 views • 9 months ago



Radio 97 interview

112 views • 10 months ago



Research

Over \$3m invested in 2021

\$1.6m towards the EVOLUTION Clinical Trial

New NHMRC Partnership Grant in affiliation with USQ and others

Monograph on Psychosocial Care updated with Survivorship Essentials Framework

New Prostate Cancer Survivorship Collaborative Research Group

5 Young Investigator Priority Impact Research Awards

5 Early and Mid-Career Priority Impact Research Awards

New focus on the Pathfinder Research Registry

Launch of the STARGATE prostate cancer survival dataset

The **STARGATE** Project

[proStaTe cAnceR ReGional fAcT shEets]

Sydney - North Sydney and Hornsby

New South Wales, 2065

 [Download Fact Sheet](#)

[Receive a copy by email](#)

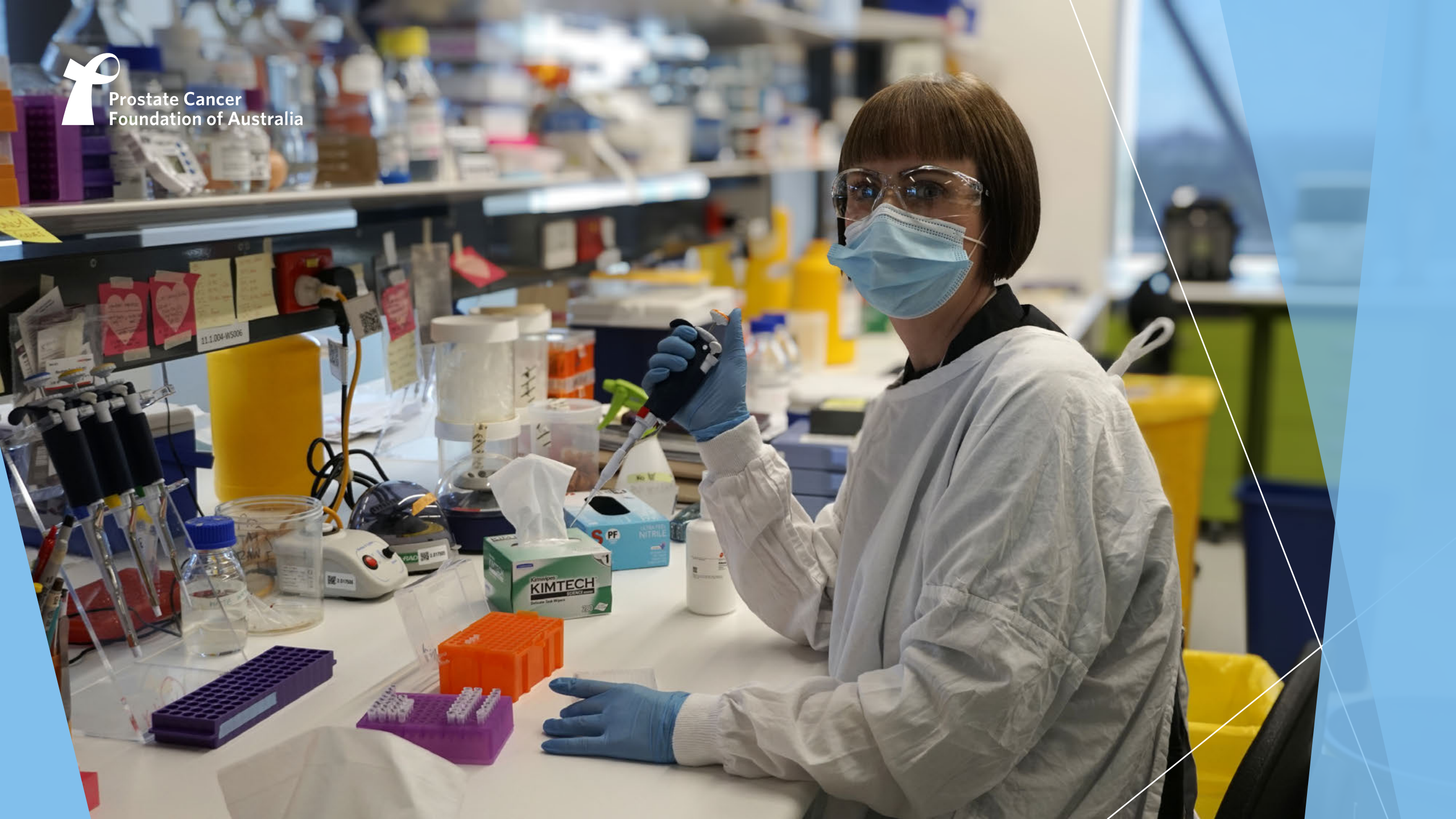
[Download as PDF](#)

OR

SCROLL



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PROSTATE CANCER SURVIVORSHIP ESSENTIALS FRAMEWORK

Prostate cancer is the most prevalent male cancer in the world, excluding non-melanoma skin cancer.

In Australia, there are now over 230,000 men living with a diagnosis of prostate cancer. Prostate cancer survivorship care encompasses the health and wellbeing of men from the point of diagnosis and is essential to cancer care. Survivorship care recognises the physical, psychosocial, spiritual and economic impacts of cancer, which can be long-lasting, and addresses these so that the patient can achieve optimal quality of life. The Prostate Cancer Survivorship Essentials Framework places the man and his family at the centre of care.

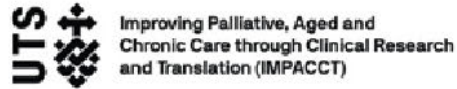




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Endorsing Organisations



Community events

4 signature campaigns

100,000+ donors and supporters

15,000 participants

All states and territories

Patient and family involvement

PCFA's first national Giving Day

NOVEMBER 25

**Save the date.
Save his life.**

**Donate to double your
impact**

Help us raise \$500,000 in one day.

\$2,701

\$

👤

💳

Please select a donation amount

\$25

\$100

\$500

\$1000

Or enter an amount

\$

NEXT

ARE YOU READY?

REGISTER NOW FOR A REMINDER

Days

10

Hours

09

Minutes

:31

Seconds

:02

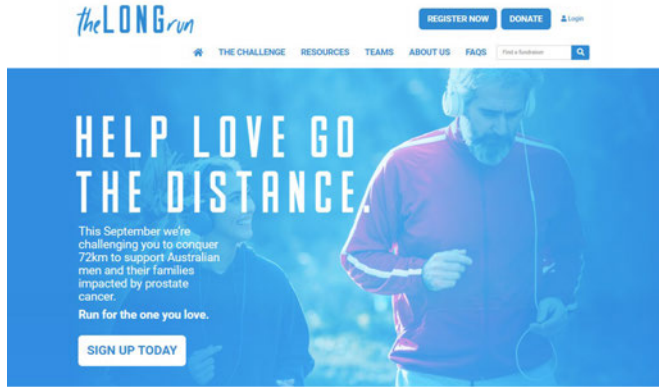


POLICE STATION

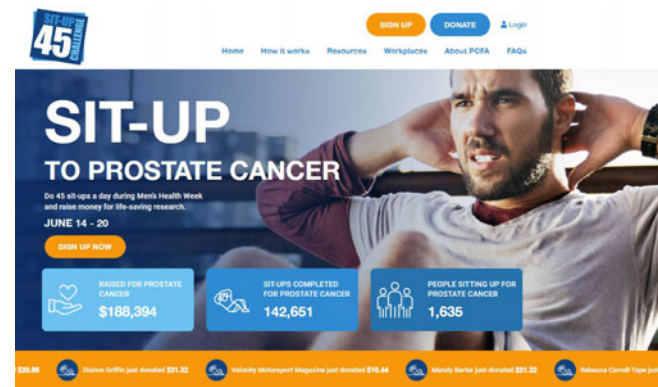


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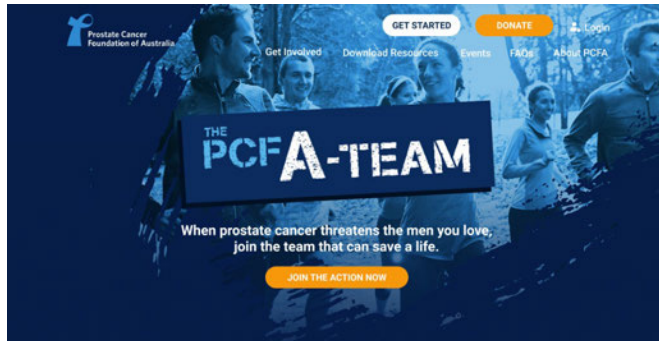
thelongrun.org.au



situp45.org.au

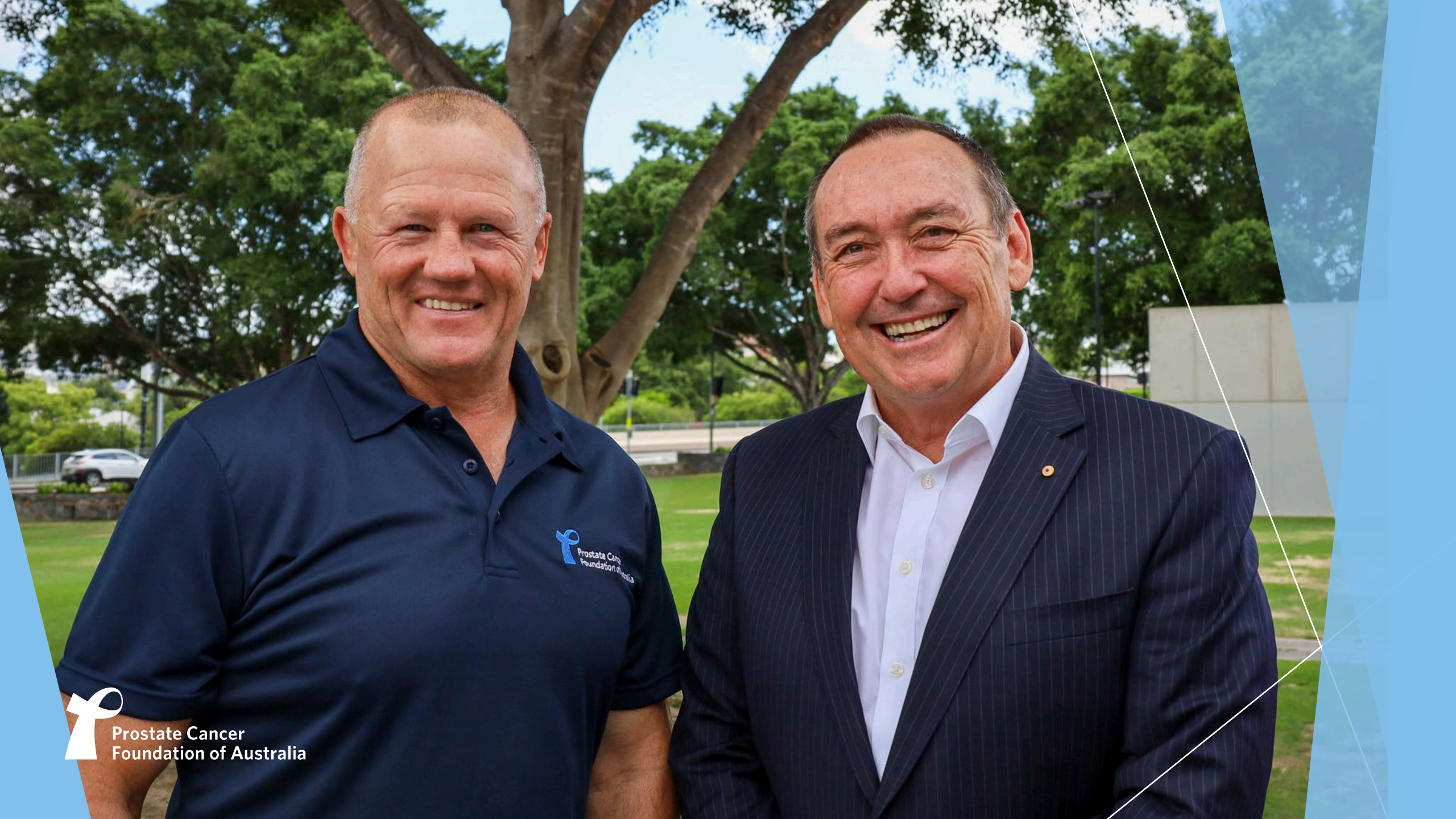


fundraise.pcfa.org.au



bigaussiebarbie.com.au





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Appeals

4 major appeals in 2021

Record support for the Tax Appeal

2021 Supporter Survey

A new program for gifts in Wills

Around 2,000 new supporters in 2021

Year-round thank you activities

Fresh focus on digital engagement



**Prostate Cancer
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If undelivered please return to:
PO Box 6041 BLACKTOWN NSW 2148
CM 19100304

POSTAGE
PAID
AUSTRALIA

PLEASE RETURN BY
FRIDAY, 24TH SEPTEMBER

**Sharing your views can
make a great difference.**

Please take a few minutes to complete
your enclosed supporter survey.



**“The waiting is really painful –
especially when you know the cancer
in your body could be spreading.”**

– Andrei, who has advanced prostate cancer.



WHAT IF we find the answers? Soon?

WHAT IF dads like John didn't have to fear for the future of their sons?

WHAT IF mums and grandmas like Mary didn't have to lie awake at night, worrying that their sons will get it?

Meet Professor Lisa Butler

I started my career as a young PhD and post-doctoral fellow asking the big question: **What if we could find the answers to prostate cancer?**

Now, as Chair of PCFA's Research Advisory Committee, I'm no longer asking 'what if we could find the answers?', but 'how soon will we?' How many more men have to lose their lives before we do?

I know the answers are within reach. We just need to grow donations for breakthrough research to **reach them.**



WHAT IF we could double funding for research into prostate cancer?

By funding grants for innovative prostate cancer research, you're encouraging projects with the greatest potential to achieve the breakthroughs we need.

This is how we will save lives.

Without your donation to our work, aspiring prostate cancer researchers will struggle to find funding, questions will remain unanswered and lives will be lost.

WHAT IF your donation could help to prevent the deaths of more than 3,000 men a year?

We urgently need funds for innovative, new research. And your gift today will help make it happen.

Please give generously today to prostate cancer to save lives.



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Awareness

Blue Sky News Magazine (printed)

Blue Sky Horizons eNews (monthly)

Network Information Webinars (monthly)

Online Community Forum (live)

Social Media Networks (live)

Email Engagement (weekly)

National and Local Media Relations (daily)



Prostate Cancer Foundation of
Australia



Published by Anne Savage · August 12 ·



Say hi to Andrei. 🙌

Four years ago, at just 45 years old, he was diagnosed with aggressive prostate cancer. His PSA level was 11 and the cancer had a Gleason Score of 9. 😞

Like many men with prostate cancer, he had no warning signs, it just came out of nowhere. Since then, he's been through surgery, radiation, and hormone therapy ... but his cancer hasn't budged. In June he started six rounds of chemo. This photo is from round two, taken last week. 🌟

Throughout it all he's worked and looked after his family, making sure his wife Alison and two girls know that he's not giving up. ❤️

What's really beyond amazing though is that he has also worked with us every day to try and raise awareness, so that other men and families don't have to endure the journey they are on. 🙏

This week he signed up for The Long Run, because he knows that together we can end the pain of prostate cancer. 🤝

Andrei, you are a hero. Thank you from all of us here at PCFA. ❤️

Friends, if you can, please make a choice to support the cause we are fighting for, by registering now 🙌
<https://www.thelongrun.org.au/> 🏆 See less

   6.7K

509 Comments 302 Shares

A close-up portrait of Andrei Norris, a middle-aged man with a shaved head and blue eyes, looking slightly to the left. He is wearing a red and white checkered shirt. The background is blurred, showing what appears to be an office or library setting with bookshelves. The image is framed by a blue geometric overlay on the right side.

ANDREI NORRIS

THE
sunday
PROJECT



NRL GREAT THROWS SUPPORT BEHIND CANCER CAMPAIGN

Former NRL player David Shillington is urging men to have prostate cancer tests. Picture: Richard Walker

KYLIE LANG

FORMER Queensland maroon David Shillington knows he could be a ticking time bomb, with five family members diagnosed with the same cancer.

Mr Shillington, a prop with the Gold Coast Titans until his retirement from the NRL in 2017, said prostate cancer was "more common than you think", and he would be getting tested regularly for the disease, which kills nine men every day.

The 38-year-old Camp Hill father of two, who also played for Australia, said five close relatives had battled it.

"Early detection means you can have a really good outcome, so it's important to not avoid a check-up," Mr Shillington said.

"My dad had a scare last year, but secondary tests cleared him, but knowing five other men in our family have had it gave us a fair fright."

He said he would be following his two older brothers and getting a prostate specific antigen (PSA) blood test when he turned 40.

"It's not invasive and results are reliable," said Mr Shillington, who last year founded mental health support organisation Wellbeing Code.

Every year, about 20,000

Australian men will be diagnosed with prostate cancer and 3000 will die from it.

New data released by the Prostate Cancer Foundation of Australia shows younger men may be unaware of their "ticking cancer time bomb".

Foundation chief executive Professor Jeff Dunn said many men over 40 were "clueless about their own risks". "While we get a large number of calls from daughters and partners seeking guidance on how to support their loved ones after a diagnosis, less than 1 per cent of calls to our Telenursing service are from sons," Professor Dunn said.

Having a direct family member diagnosed with prostate cancer increased a man's risk by 50 per cent, with two or more close family members increasing it five-fold.

The foundation recommends men in the latter category talk to their doctor about a PSA test from age 40, and other men at average risk from age 50.

September is Prostate Cancer Awareness Month, and includes The Long Run fundraising challenge for Australians to run, walk, or wheel 72km over four weeks.

GO TO THELONGRUN.ORG.AU OR PHONE 1800 220 099 FOR SUPPORT



TAKING AXE TO CANCER

SUE DUNLEVY

RUGBY league legend Trevor Gillmeister has revealed how he was crash-tackled by prostate cancer. Gillmeister is using his



Trevor Gillmeister tackled prostate cancer. Picture: Lachie Millard

Support Network

Around 130 groups connected in 2021

Six new groups established

1000 meetings in person or virtually

National and local fundraising

Community presentations and awareness

New engagement via MatesCONNECT

700 PCSG members in our Facebook Group



Proudly affiliated with
Support Group
Prostate Cancer
Foundation of Australia

BLU NEWS
EVOLUTION
LEAVE NO MAN BEHIND

[Framed Certificate]

Total Years
100 Protons
Cancer



Incurable but still strong

Volunteer a pillar of strength for blokes

BY **MADELINE LINK**

ROB Philp's prostate cancer is incurable, but he doesn't let that get him down.

Instead, he channels his energy into making sure other men have the best chance of beating the disease.

Diagnosed in 2016, Mr Philp has been involved with the Tamworth Prostate Cancer Support Group for more than six years, and in National Volunteer Week, the Prostate Cancer Foundation of Australia wanted to shine a light on all of his hard work.

"I think for me, I feel like I'm making a difference, and I enjoy the camaraderie of the group," Mr Philp said.

"I cope pretty well with it,

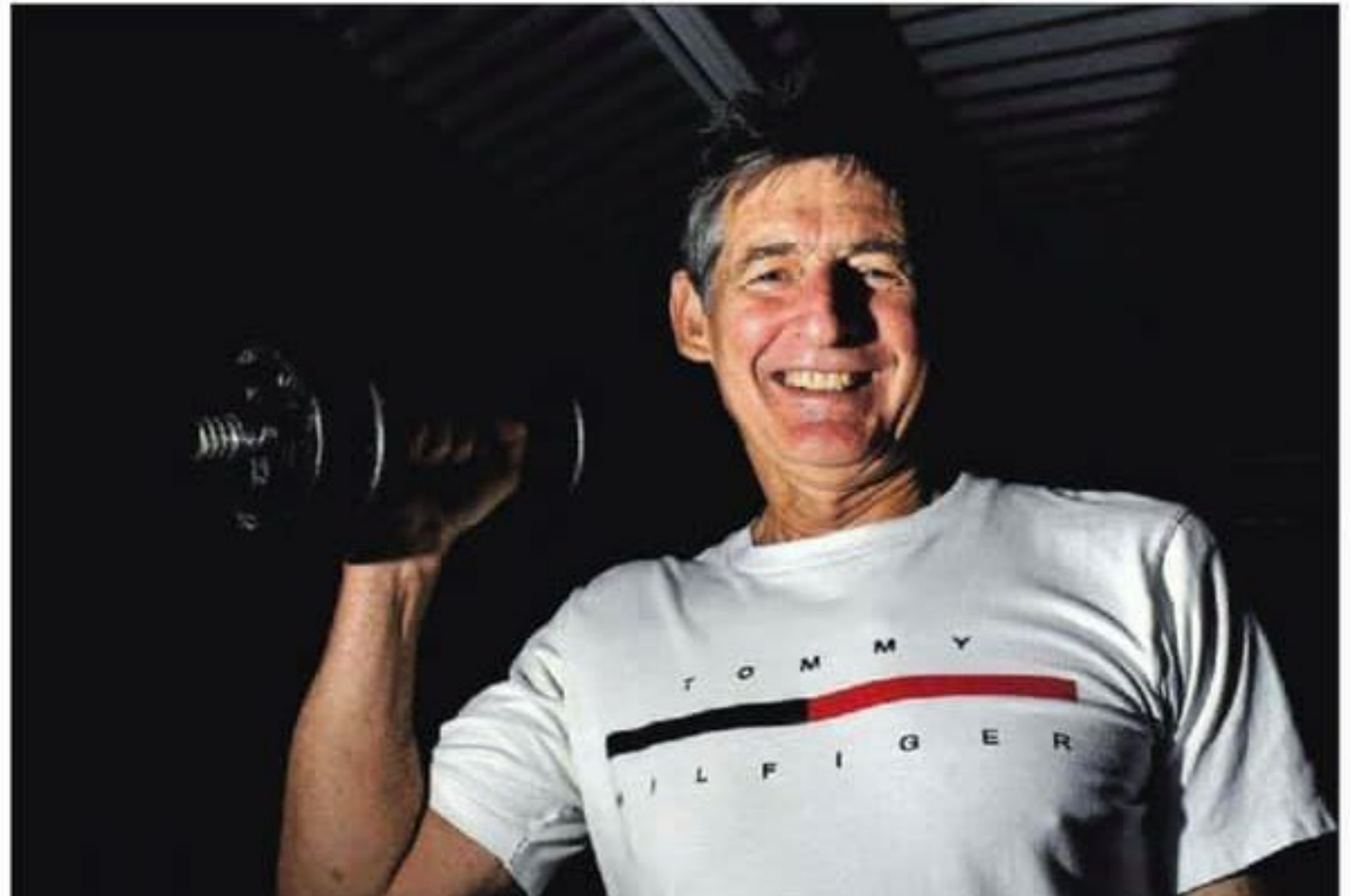
think I have another 15 years left in me."

Prostate cancer is the most commonly diagnosed cancer among Australian men, with nearly 17,000 men diagnosed each year.

Australia has one of the highest rates of prostate cancer in the world, with one in every six men likely to be diagnosed by age 85.

Every second Wednesday of the month at 2pm, Mr Philp and the group meet at Tamworth Community Centre.

It's an opportunity for the men and their partner's to talk about the good and the bad; incontinence, hot flushes, exercise and diet in a casual environment.



2022 Advocacy priorities

01

Progressing a review of the Clinical Guidelines for PSA Testing

Why? So more men get an early and accurate diagnosis

02

Paving the way for new medicines and treatment technologies

Why? So more men survive their disease and live well

03

Improving public health awareness through access to STARGATE

Why? So more men know their risks and family history

04

Driving dynamic patient and consumer engagement

Why? So more men can benefit from optimal care

05

Promoting new investments in research and treatment

Why? So more men rapidly access new treatments and trials

2022 Service priorities

01

Expansion of our Prostate Cancer Specialist Nursing Services

Why? So more men have access to person-centred care

02

Launch of a new Prostate Cancer Counselling Service

Why? So more men can enjoy a better quality of life

03

Growth of the Support Group Network and Peer Support Programs

Why? So more men can connect and cope better

04

Engagement of the community in campaigns such as The Long Run

Why? So more men and families can help us save lives

05

Strengthen awareness through best-practice communications

Why? So more men and families receive our support

Coming soon ...

Australia's first Prostate Cancer Counselling Service

Two new Prostate Cancer Consumer Advocacy Forums

A telehealth nurse-led intervention for men on hormone therapy

Award of five new research grants for early and mid-career researchers

Continued expansion of the Prostate Cancer Specialist Nursing Service

A new survivorship focus on sexual function after treatment

Reinvigoration of the Pathfinder Research Registry

A review of the Clinical Guidelines on PSA testing



Thank you!

Please don't hesitate to contact our team.

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